

L-arginine low dose can elevate menopausal estrogen

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Background and Objective: Menopause in women always has consequences like infertility, hot flashes, sleep disorders, and so on. In menopause, the ovaries are cystic, the estrogen hormone decreases and the LH increases. Studies have also shown that nitric oxide (NO) level in postmenopausal women is reduced due to decreased estrogen level. In this study, L-arginine, which has already been shown to have anti-aging effects, is used to elevate the estrogen level.

Materials and Methods: Elder Wistar rats with menopausal polycystic ovaries, which was identified by Pap smear to